

# Steel Magnolias

## Breast Cancer Support Group, Inc.

### Cure

June 17, 2019



*Sharing love through support*

The Cure Magazine, I have brought this magazine up before in our newsletters to encourage everyone to subscribe to it. This issue dated Spring 2019 talks about cannabis oil. There was also a separate issue included that was devoted only to HER2-Positive Breast Cancer. It was a resource guide with information and support for patients who are HER2-Positive.

It explains the risk factors of being overweight, an unhealthy diet, too little exercise, smoking and too much alcohol. It gives details of signs and symptoms of breast cancer. It also explains the terminology that your doctor will tell you during your visit. Remember they do this every day, prepare yourself with a recorder to take with you to the doctor. It will help you after you get home to remember everything from your doctors visit.

There was also an issue called "Heal" included with this issue of "CURE". It shares ways to get back your life and how to cope with being a survivor. It provides ideas for meals to help in your diet and ideas for exercise, including dancing, walking and riding a stationary bike. It also has a section just for caregivers, they need support also.

Cure Magazine is easy to get. You can go online to get it by going to [www.curetoday.com/subscription](http://www.curetoday.com/subscription) or call 1-800-210-2873 or email [subscribe@curetoday.com](mailto:subscribe@curetoday.com). It is free to cancer patients, survivors, healthcare professionals or caregivers in the U.S. It is not just for Breast Cancer. You choose what type of cancer you have. It is also tailored if you are the patient, caregiver or health care professional. Give this magazine a try or suggest it to someone that has begun this journey. It is full of helpful information!

Submitted by Elaine Johns

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## **May 28<sup>th</sup> 2019 Steel Magnolias and Men of Steel Meeting**

The meeting was called to order by President Elaine Johns at 5:30. We had no visitors at this meeting. Gloria Woosley blessed our meal. The hospital provided baked and fried chicken with rolls and the Steel Magnolias brought side dishes and deserts.

Cheryl Anthony read the minutes in the absence of Secretary Brenda Parker. Gloria Woosley made a motion to accept the minutes as read and Janet Reese seconded it.

Steve Stephens read the financial report in the absence of Chuck Trull.

Nancy Burnell was our guest speaker and she shared with us her background and her life leading up to her breast cancer. She shared with us the loss of her oldest daughter from complications from Turners Syndrome and her struggle with losing her father, mother and her loving husband. She lost her father and daughter 7 months apart and then faced triple negative breast cancer. 10 years after the death of her father and daughter, she lost her husband and mother. She told us God gives us strength and life changes for us. She wants others to see Jesus in her and through us and the services of our group.

Elaine reminded everyone about the event at Quad City Fire Department. We had several to volunteer to help out at the BBQ. We need to meet at 9:15 to 9:30 to set up. It is from 10am till 3pm. She also talked about the Steel Magnolias being at the Sunny King Classic to help with the photo booth. We will need someone there on the dates of July 12th, 13th and 14th for a few hours. More information to come at the next meeting.

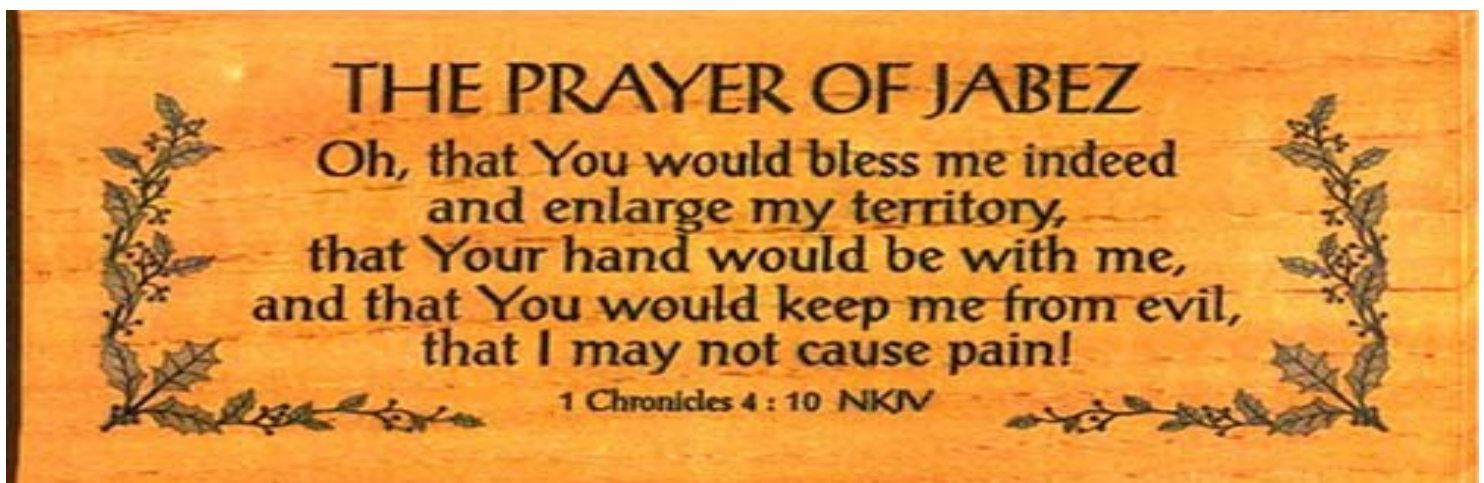
Nancy announced the change of venue for our New Beginnings Banquet this year. It will be held at the Anniston Country Club on July 23rd.

Sherry talked to us about how the Lord can give courage and strength to get us through trials. She told us about Billy Graham being nervous speaking to large crowds. He said before he would go out to speak he would pray and recite Philippians 4:13 "I can do all things through Christ who strengthens me". She gave us the printed verse to take home. She said to place it where we could see it and be reminded that Christ is always with us, all we have to do is turn to him.

Pat Yates and Cheryl Anthony won the door prizes.

Susan Dupree made a motion to adjourn the meeting and Shirley Forbus seconded it.

Submitted by Elaine Johns in absence of Brenda Parker Secretary









## Event Updates

On June 1<sup>st</sup> the Steel Magnolias were at the Quad City Fire Department annual BBQ. We set up our table among the many vendors there and enjoyed the day. There seemed to be a steady crowd coming for BBQ plates and homemade ice cream. We sold a few shirts and took in a few donations. We shared our services with several women that knew women that need our help. One lady sent jewelry for Marti to add to our collection. We enjoyed seeing the Pink Heals fire truck and getting to sign it. Thanks to BR Wilson for inviting us again this year. Special thanks to Cheryl, Brenda, Janet, Pam, Shirley, Connie, Steve, Nancy Buchman, and Nancy (not Johnson anymore, she got married!) for coming out to help.



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On June 9<sup>th</sup> Nancy Burnell and I went to Post Oak Springs Baptist church. We enjoyed the music and the Children's Church. Nancy spoke to the congregation about the Steel Magnolias and our mission. She shared that we were founded on the prayer of Jabez. Post Oak bible school started this week and they choose a mission each year and this year they chose us. They are praying for us and taking donations through the children's VBC for us. Rev. Larry Bollinger is the pastor and his wife Judy spoke to our group last year about her journey with breast cancer. Jessica Rich is a member of Post Oak Springs and is one of our own. Thank you Jessica for suggesting our group for your Bible School mission.

Submitted by Elaine

## **Birthdays and Survivor Years!**

**July 7<sup>th</sup> is Nancy Burnell's birthday and she is a 15-year survivor!**

**July 13<sup>th</sup> is Sherry Grinstead's birthday and she is a 17-year survivor!**

## **Upcoming Events**

**June 25<sup>th</sup> will be our next meeting in the private dining room at RMC. RMC will provide Bake Sweet and Irish potatoes for our meal. Steel Magnolias please bring side dishes and deserts. Margaret and Nancy will be talking to the group about the New Beginnings Banquet and the importance of RSVP. They will also have the invitations for the banquet to hand out. We have our new member directory to give everyone. Be there and bring a friend.**

**July 12th, 13th and 14th is the 41st Annual Sunny King Charity Classic Golf Tournament. The Steel Magnolias have been invited to help with the photo booth for the tournament at the Anniston Country Club. We will be there each day from 12 noon until 6pm. We need everyone to plan a time they can help. We will talk about this at our meeting and make out a schedule for that weekend.**

**July 16th is the next newsletter-mailing day. If you have anything to put in the newsletter or if there is anything you would like to see in the newsletter, please send it to me. I would love someone to share his or her journey in the newsletter. If you will, please send it to Elaine Johns c/o Steel Magnolias PO Box 2208 Anniston, AL 36202 or email it to [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org). Remember to send in helpful tips that worked for you while going through treatments.**

**July 23<sup>rd</sup> is the New Beginnings Banquet at the Anniston Country Club. We will have more information at our meeting on the 25<sup>th</sup>.**

## **President's Corner**

**I know I sound like a broken record but, I am looking for new ideas to make our newsletter more informative. Please remember, if you have a tidbit of information about your journey, it could help someone else facing the same problems. Just send it in to be published in the newsletter. If you would like to share your story to help someone else coping with cancer, please send it in. Please share! Let us help each other!**

**We want our meetings to be more inviting to cancer patients and a place for them to open up. Be thinking on ways you can help or ideas you may have to improve the quality of our meetings. We need everyone to really pray and think about taking on some of the responsibilities in our organization.**

**If you would like to come join us at our monthly meetings, just come on! We meet every 4th Tuesday of every month in the private dining room at RMC. We eat, laugh, cry, have speakers and the best part is we enjoy each others company. We don't meet in July, November or December. In July we have our New Beginnings banquet instead of our meeting. The 4th Tuesday in November is the same week as Thanksgiving and in December we have our annual Christmas Brunch.**

**What I really want to tell you is this, we all need each other, no one can do this alone. We all know how hard this journey is and surviving it is the key. If you survive it, help others to do the same. Pay it Forward.**

**Submitted by: Elaine Johns**

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## **Services Offered By Steel Magnolias Breast Cancer Support Group, Inc.**

### **1. Group Meetings**

Steel Magnolias meet on the 4th Tuesday of each month at 5:00 p.m. in the 1st Floor Private Dining Room of RMC.

### **2. Steel Magnolias' Office**

Our office is located in suite 407 of the Physicians Center in Anniston. Currently our office is staffed (part time) by Steel Magnolias volunteers Monday through Friday, 11:00 am - 4:00 pm. Every effort is made to have someone in the office when our staff is sick or on vacation. Phone (256) 231-8827

### **3. PINKS Boutique**

Located in the Physicians' Center across from the Steel Magnolias Office, we are stocked with Mastectomy Bras, Breast Prosthesis, Wigs, Hats and Scarves. These items are of no cost to cancer patients.

### **4. Care Packages**

Steel Magnolias provide a comfort package including inspirational and educational materials to breast cancer patients the day of surgery at Regional Medical Center. Packages are mailed or taken to newly diagnosed patients who do not receive them on day of surgery.

### **5. Dining Vouchers**

Dining vouchers are provided for two family members of any patient, in surgery, at Regional Medical Center. Each provides a meal in the hospital cafeteria.

### **6. Snacks**

Steel Magnolias provide the following: (1) snacks in Anniston Oncology chemo treatment room - Suite 602 Physician Center (2) chemo treatment room on the 4th floor of RMC and (3) the Radiation / Oncology Center on 2nd Floor of RMC.

### **7. Breast Cancer Awareness Program**

Available to girls in grades 7-12, this program is taught in the school by a trained volunteer under the supervision of a Registered Nurse. Anyone interested in having our program presented, contact our office.

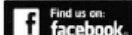
### **8. Speakers Bureau**

Speakers are available to civic clubs and churches. To schedule, contact our office.

### **9. Steel Magnolias Newsletter**

Our monthly newsletter is an informative and inspirational publication about upcoming events, meetings and activities. Also included is a joke page and current information regarding cancer testing and treatments.

### **10. Web-Site**

[www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org) is a great source of information and inspiration. Also, 

### **11. Men of Steel**

Group of men (husbands, friends or family) of breast cancer patients or survivors and for men who themselves are breast cancer survivors. Meetings are held jointly with Steel Magnolias (see Group Meetings #1). Contact Jimmy Taylor (256-463-4313) or email [tjimmeg63@aol.com](mailto:tjimmeg63@aol.com) for additional information.

### **12. Prayer**

We are praying for you with love and blessings.

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## **WAYS YOU CAN HELP**

### **1. VOLUNTEER YOUR TIME**

- attend our meetings and get involved with us
- volunteer for office work or Pinks Boutique
- help with our fund raisers (2 per year)
  - a. Bake and jewelry sale (annually the Saturday before Easter at Quintard Mall)
  - b. Golf Tournament at Pine Hill Golf Course (in the spring each year). Numerous opportunities to serve.

**2. CONTRIBUTE** - contributions are tax deductible (a 501(c)3 tax exempt organization) and can be made to: Steel Magnolias, P.O. Box 2208, Anniston, AL 36202. ALL contributions are used to provide services to breast cancer patients who reach out to us.

**3. DONATE UNUSED JEWELRY** (new, vintage or broken) - it is cleaned, repaired and resold at our events. Drop off at the following: Steel Magnolia Office, Cotton Antiques, 508 Main Street, Oxford or call Marti Warren 256-237-0206.

### **4. PRAY FOR OUR MINISTRY**



## Joggin' Inside

Ray and Bob, two government maintenance guys, were standing at the base of a flagpole, looking up. A woman walked by and asked what they were doing. "We're supposed to find the height of the flagpole", said Bob, "But we don't have a ladder."

The woman said, "Hand me that wrench out of your toolbox."

She loosened a few bolts, and then laid the pole down.

She then took a tape measure from their toolbox, took a measurement and announced, "Eighteen feet, six inches" and walked away.

Ray shook his head and laughed. "Well, ain't that just like a 'Miss-know-it-all' woman?" he said. "We need the height and she gives us the length!"

Ray and Bob are still working for the government. But now they're congressmen.

**A woman walked into the kitchen to find her husband stalking around with a fly swatter. "What are you doing?" she asked.**

**"Hunting flies," he replied.**

**"Oh, killed any?" she said.**

**"Yep, 3 males, 2 females," came the answer.**

**Intrigued, the wife asked, "How can you tell them apart?"**

**Husband: "3 were on a beer can, 2 were on the phone."**

**At breakfast, a man asked his wife: "What would you do I if won the lottery?" She replied, "I'd take half, and then leave you." Great," he said "I won \$12 yesterday. Here's \$6. Stay in touch.**

**If I dropped something when I was younger, I just picked it up.**

**Now I'm older and I drop something, I stare at it for a while, contemplating if I actually need it anymore.**

The urine sample

One time I got sick and landed in hospital.

There was this one nurse that just drove me crazy.

Every time she came in, she would talk to me like I was a little child.

She would say in a patronizing tone of voice, "And how are we doing this morning?"

Or

"Are we ready for a bath?"

Or

"Are we hungry?"

I had had enough of this particular nurse.

One day at breakfast, I took the apple juice off the tray and put it in my bedside stand.

Later I was given a urine sample bottle to fill for testing. So you know where the juice went!

The nurse came in a while later, picked up the urine sample bottle, looked at it and said,

"My, my, it seems we are a little cloudy today."

At this, I snatched the bottle out of her hand, popped off the top, and gulped it down, saying,

"Well, I'll run it through again.

Maybe I can filter it better this time!"

The nurse fainted...

I just smiled.

DON'T MESS WITH OLD PEOPLE

**The police just pulled me over and said, "Papers?"**

**I said, "Scissors, I win!" and drove off.**

**I think he wants a rematch - he's been chasing me for 45 minutes!**

# ANGELS, ANGELS, ANGELS

S T N E G A S N S L U C F R  
 O U Y R O L G A V B G W A S  
 M C E L E S T I A L A F N E  
 H E C G O A S D E R A O O R  
 F T N U N H W R F E M G V A  
 V A A T L R E A L E U O D P  
 G O M E B T R U D H I E R H  
 W A I I D E S G O C C N O I  
 O T B E N E V R E T N I F M  
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 T I E N A E P O G O O D C O  
 B D H H W T L N H I M P E V  
 M I C H A E L U C I F E R I

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AGENTS	DEATH	HELP	REAL
ANGELS	DEMON	HOLY	SATAN
ARMOR	DIVINE	INTERVENE	SERAPHIM
BAD	FORCE	LUCIFER	TEMPT
BIBLE	GABRIEL	MICHAEL	VOICES
CELESTIAL	GLORY	OCCULT	WARFARE
CHERUBIM	GOOD	POWERS	WATCH
CHAOS	GUARDIAN	RAFAEL	